

June 2012 – **Group Exercise Classes**

Salt River Fitness Center Hours: Monday – Thursday 6:00 am – 7:30 pm & Friday 6:00 am – 6:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
4) 11:05-11:50 am 45-Spin w/Michelle 12:05-12:50 pm Total Body Conditioning w/Dion 5:30-6:30 pm Lo Cardio & Sculpt w/Jason 6:30-7:15pm Senior Dance Class w/Roberta	5) 11:05-11:50 am F'AB Ride w/Michelle 12:05-12:50 pm Total Body Conditioning w/Dion 5:30-6:30 pm Spinning w/Michelle 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool) 6:30pm-7:30 pm Boxing w/Nevelle	6) 11:05-11:50 am 45-Spin w/Michelle 12:05-12:50 pm Zumba w/Robin 5:30-6:30 pm Cardio Kickboxing w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Lehi Pool)	7) 9:30-10:00 am YS EEP – Mousercise 11:05-11:50 am Core & Functional Fitness w/Rachel 12:05-12:50 pm Zumba w/Robin 5:30-6:30 pm Zumba w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool)	8) 12:05-12:50 pm Spinning w/Michelle 5:30-6:30 pm Zumba (Basic) & Sculpt w/Rachel 
11) 11:05-11:50 am Yoga Stretch w/Rachel 12:05-12:50 pm Spinning w/Michelle 5:30-6:30 pm Lo Cardio & Sculpt w/Jason 6:30-7:15pm Senior Dance Class w/Roberta	12) 9:30-10:00 am YS EEP – Mousercise 11:05-11:50 am Step Aerobics w/Rachel 12:05-12:50 pm Total Body Conditioning w/Dion 5:30-6:30 pm Spinning w/Michelle 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool) 6:30-7:30 pm Boxing w/Nevelle	13) 11:05-11:50 am 45-Spin w/Michelle 12:05-12:50 pm Cardio Mix w/Rachel 5:30-6:30 pm Abs Attack! w/Jason 6:15-7:15 pm Water Aerobics w/Rachel (Lehi Pool)	14) Salt River Day Tribal Offices/Fitness Center CLOSED “Have a wonderful day”	15) 12:05-12:50 pm Spinning w/Michelle 5:30 pm – 6:30 pm Zumba (Basic) & Sculpt w/Rachel 
18) 11:05-11:50 am Yoga Stretch w/Rachel 12:05-12:50 pm Spinning w/Michelle 5:30-6:30 pm Lo Cardio & Sculpt w/Jason 6:30pm NO CLASS 	19) 9:30-10:00 am YS EEP – Mousercise 11:05-11:50 am Step Aerobics w/Rachel 12:05-12:50 pm Total Body Conditioning w/Dion 4:00-5:00 pm Fit Rez (age: 9 -14) 5:30-6:30 pm Spinning w/Michelle 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool) 6:30-7:30 pm Boxing w/Nevelle	20) 11:05-11:50 am 45-Spin w/Michelle 12:05-12:50 pm Cardio Mix w/Rachel 5:30-6:30 pm Cardio Kickboxing w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Lehi Pool)	21) 9:30-10:00 am YS EEP – Mousercise 12:05-12:50 pm Zumba w/Rachel 4:00-5:00 pm Fit Rez (age: 9 -14) 5:30-6:30 pm Zumba w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool) 	22) 10:00 am – 12:00 pm Fitness Center CLOSED *HS Mandatory Meeting* 12:05-12:50 pm Spinning w/Michelle 5:30 pm – 6:30 pm Zumba (Basic) & Sculpt w/Rachel
25) 11:05-11:50 am Yoga Stretch w/Rachel 12:05-12:50 pm Spinning w/Michelle 5:30-6:30 pm Lo Cardio & Sculpt w/Jason 6:30pm NO CLASS 	26) 11:05-11:50 am F'AB Ride w/Michelle 12:05-12:50 pm Total Body Conditioning w/Jason 4:00-5:00 pm Fit Rez (age: 9 -14) 5:30-6:30 pm Spinning w/Michelle 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool) 6:30-7:30 pm Boxing w/Nevelle	27) 11:05-11:50 am 45-Spin w/Michelle 12:05-12:50 pm Cardio Mix w/Rachel 5:30-6:30 pm Cardio Kickboxing w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Lehi Pool)	28) 9:30-10:00 am YS EEP – Mousercise 11:05-11:50 am Core & Functional Fitness w/Rachel 12:05-12:50 pm Zumba w/Robin 4:00-5:00 pm Fit Rez (age: 9 -14) 5:30-6:30 pm Zumba w/Rachel 6:15-7:15 pm Water Aerobics w/Jason (Salt River Pool)	29) 12:05-12:50 pm Spinning w/Michelle 5:30 pm – 6:30 pm Zumba (Basic) & Sculpt w/Rachel 

Group Exercise Descriptions:

Abs Attack!: This 40-45 minute will cooperated a 5-10 minute warm-up. The core workout of this class will focus on strengthening your abdominal muscle and lower back to give you a total core strength. Followed by a cool-down.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparing with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Cardio Kickboxing: This 45-60 minute aerobics workout will get your heart rate up with shadow boxing and kicks for a total cardiovascular workout. You will incorporate jabs, uppercuts, hooks and front kick and side kick plus an abdominal workout will follow cardio segment. Cool down with a 10 minute stretching session.

Cardio Mix: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Zumba or Circuit Training. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE!

Core & Functional Fitness: Strength you whole body by working with functional movements and core exercises. In this class a 10 minute Aerobic warm up will be done. You will utilize a variety of exercise equipment: hand weights, tubing/bands, step, stability ball, Bosu ball and more for an effect workout.

F'ab Ride Ride your way to F'abulous abs. This 30 minute Ride class is followed by 15 minutes of abdominal work.

Lo Cardio & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. ALL FITNESS LEVELS WELCOME!

Spinning: Indoor cycling class. This class is set on a stationary bike where the instructor will guide you through ride through flats, hills and incorporate movement of runs, sprint and jumps. Instructor will instruct you through the class. Bike adjustments for hills and other moves will be instructed. If you are new to class please come 5 minutes early so you can set up your bike. **LIMITED TO 7 PARTICIPANTS.**

Step Aerobics: A cardio workout where participants use a 6 - 8 inch step for a total body workout. Basic to intermediate choreography on and off the step. Great for all fitness levels. Instructor will breakdown the moves and routine. Step is a great cardio and leg strengthening workout. You don't have to us a step just follow the move on the floor.

Total Body Conditioning: Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Water Aerobics: Think water aerobics isn't a fitness challenge? THINK AGAIN! With simple water dumbbells and the resistance of the water this hour-packed workout is sure to leave you feeling refreshed and energized. Enhance your workout and step up to the challenge with WATER! (No swimming experience required. Head is never submerged; t-shirts and gym shorts may be worn over suit. Class cancelled when raining.)

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

Zumba: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! * **Zumba (Basic) & Sculpt: Same format but incorporates resistance training following cardio workout.**

FIT REZ (age: 9-14): Group exercise class and nutrition class for youth ages 9-14. **Limited to 16 participants.** Variety of group exercise from low impact to Zumba will be taught. Please contact Rachel Seepie starting Wed, June 6. Nutrition will be taught by Jamie Schurz.

MUST SIGN UP FOR THIS CLASS! SIGN IN STARTING WEDNESDAY, JUNE 6TH. CONTACT RACHEL SEEPIE @ 480-362-7320 OR EMAIL: rachel.seepie@srpmic-nsn.gov. (OPEN TO COMMUNITY MEMBER YOUTH & COMMUNITY RESIDENT YOUTH)